

***Scientific Premium Company - USA***

# **The Deadly Secrets of Dim Mak Vital Point Striking**



## Introduction:

Dim Mak is one of the most closely guarded secrets in the fighting world. Legends tell stories of the fabled “Death Touch”. Some have even said that a Chinese Tong member killed Bruce Lee with a delayed “Death Touch”. Of course a lot of what is taught about Dim Mak is conjecture at best.

What we want to do with this additional report on Dim Mak, is try and add some additional information for you on how to approach these techniques to add into your martial arts curriculum.

**Scientific Premium Company- USA makes the claim that the information described here are for information purposes only and we accept no responsibility for you using these concepts to hurt, maim or intentionally or unintentionally end a life. It is with this that we suggest you get a qualified instructor to teach you in your area.**

The pressure and Dim Mak points that we are going to be discussing absolutely work and work very well. It is our belief that you can learn how to use Dim Mak striking methods without harming anyone if you are careful.

It will be your sole responsibility to use this information with the utmost care and sensitivity. **DO NOT TAKE THESE TECHNIQUES, CONCEPTS AND METHODS AND START STRIKING PEOPLE!**

Only use these points for the purpose of self- preservation or for healing.

## Why Teach These Deadly Concepts?

One of the main reasons we have made this information available is so that you can have access to what was once a closely guarded secret. Many went to their deaths without knowing the knowledge you will learn with this.

The other reason we teach this, is because although we have packed a lot of information into this curriculum and, we have purposefully left out some elements in regards to some of the more lethal “Chi Striking” techniques. However, you may learn these from us personally by inquiring by email or phone. We will only teach those methods to the most ethical and reliable of people.

We consider these concepts as deadly as any other weapon you can use, so why not teach it to responsible people? Anyone can buy a gun with malicious intent and use it in the wrong way against another person.

The real secret to these points is not the death that they can cause, but the health and life you can preserve by using these in the correct manner (See Pressure Points Booklet).

The other reason why we teach it, is because since 1980, we have been introducing cutting edge products like our Chi Power Plus and Pressure Points Course. We taught thousands the secrets of how to use their chi energy when everyone else was behind closed doors. We continue that open door policy with this eye-opening course on how to use pressure points for Dim Mak Striking.

### **Levels of Dim Mak**

There are several levels to the type of damage you can inflict with Dim Mak strikes and there are many factors in regards to how effective the strikes will be against an opponent. You really only have seconds to use these strikes, so it is imperative that you understand the importance of training with them all of the time to get down where the different striking points are located.

Dim Mak as a technology has been around for thousands of years and probably was known before it was ever recorded. For martial arts purposes almost every culture has an understanding of not only pressure points, but also the ability to use energy or chi with these Dim Mak Points.

Dim Mak is taken from the Chinese word for “Death Point Striking” and is considered one of the highest levels in the martial arts. Most students never learned these methods until they were at the Black Belt or equivalent level (depending on the school and style). These structures were taught in China, but were transferred to other cultures such as Japanese and Korean. As mentioned before, almost all cultures have this understanding, but the Chinese were at the forefront.

Once you begin to absorb the information here, you will realize one thing and that is that this is a science that has some disagreements to it. We will be sharing with you several different points and striking methods. We will show these through our own chart (redman poster) and several others throughout this document.

Many of the points discussed in one chart may be different than one of another. Keep in mind that in order to understand the potency of this technology, Chinese doctors would strike these points on animals to insure that in-fact they worked as they thought they would.

These vital points were taught as part of the overall self defense curriculum at the time which included, Striking and Kicking methods; joint locks; chokes; take-downs; throws; hand and leg maneuvers; grappling; escapes; ground-work; the pressing, squeezing, or traumatizing of the Dim Mak Points (Vital Points); organ-piercing blows; blood gate attacks; traumatizing nerve plexus; and combinations thereof.

These fighting methods taught how to defend oneself by injuring, incapacitating, or even killing an opponent. One of the highest levels was the complete understanding of Vital Point, Pressure Point or Dim Mak striking methods.

Some texts talk about 36 vital points, while others talk about 22 (16 on the front of the body and 6 on the back) vital points. The main thing you want to understand, is that many of the points you see on the different charts, will cause trauma to different degrees, no matter whether you believe in 36, 22 or any number.

There are 3 separate categories of Dim Mak striking and they are:

- a. **Tien Ching-** Attacking the Nerves
- b. **Tien Hsueh-** Striking the Blood Vessels
- c. **Tien Hsing Chi-** Attacking the Chi Meridians

**Level One: Tien Ching,** This method is where you attack the nerves of the body in order to induce paralysis.

This method works extremely well without even concentrating on any specific points, as you can find nerves all over the body and they can be struck, gauged, twisted, and poked quite easily.

As a matter of fact, just pick out a part of your body and start to dig into the area. Dig in at different angles and pressure. You will notice the pain factor rising depending on the amount of pressure you place on the area.

### **Some People Will Not Respond**

One important thing to consider is some people don't respond to nerve strikes. There are a lot of reasons for this and some are but not limited to:

1. They are in excellent mental and physical condition and have a very high pain threshold.
2. The locations and densities of their nerves are different
3. They are overweight and have a lot of fat covering the nerves.

### **Big Muscles, Big Target**

An important point is that muscular people usually have their nerves very close to the top of the skin since they have more muscle than fat. This should give you a good idea of how to beat someone who is more muscular or perceived stronger than you are. It is not always strength and muscle, but how strikes are properly placed on the opponents' body that determines the outcome of the fight.

**Level Two: Tien Hsueh**, This is the Blood vessel striking method, designed to seal the veins and arteries and cause blood clots.

When you strike an opponent in order to seal his blood vessels, death can be delayed through variations of pressure points and time sequences, which will affect the blood flow. The majority of the time this particular method is used with internal chi striking. By sealing the blood, death will result because you do the following:

1. Block the circulation of blood to the opponent's major organs resulting in organ deterioration.
2. Caused blood clots which will travel through the body's circulatory system causing either cardiac arrest if they enter the heart and a major stroke if they enter the brain.
3. Attack the main organ or gland when it is full of blood in order to immediately destroy it.

This is achieved by knowing the precise time of day in which to strike the appropriate spot on the body to get the desired effect.

This is a very detailed and tricky method to learn, as it requires knowing time of day, location and using your internal chi energy in the correct manner. It is not in the scope of this course to go into complete detail. Please contact SPC-USA directly by phone for more details on this method.

**Level Three: Tien Hsing Chi**, This is where you attack the Chi Meridians of the body in order to cause death immediately or over time.

Striking the electromagnetic flow of chi in the body is altered by "chi manipulating" the different bioelectrical fields of energy surrounding and permeating the body's structure. The purpose of this is to attack and destroy the four levels of energy that flow within the body. This requires the ability to externalize your chi (see **Chi Power Plus** and **Advanced Chi Video** for more info). This is a most dangerous practice and is considered one of the higher levels of striking. You can find out more about this by contacting us directly.

## **36 Deadliest Points on the Body**

As mentioned before, there are several different thoughts on the deadliest points on the body to strike, but one thing is certain, all of the points shown in the diagrams and charts in this course are Dim Mak points.

When hit with the right amount of force, angle and direction, these points can induce bleeding, fainting, increased blood pressure, the piercing of a major organ and or nerve plexus. This type of trauma can cause temporary numbing effects, paralysis or even death.

Some people invariable ask us how we know these can cause death? Have we ever killed anyone using these techniques? The answer to this is a resounding.....NO!

This information was formulated based on ancient acupressure points in the body. They would stimulate the points on either animals or humans. It is very well known of tests of Dim Mak striking on different kinds of animals and even prisoners were used to test out the points to see if they indeed worked as they had thought.

The 36 points should be greeted with caution, as severe trauma will occur when you press, squeeze or strike one of the points.

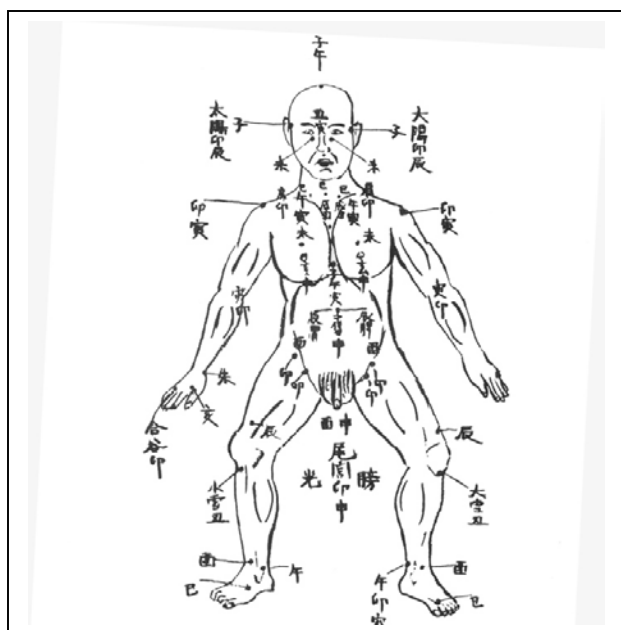
Most people think that Dim Mak striking is just that...striking. This couldn't be further from the truth. A lot of the most effective use of these techniques is when you can really dig or manipulate at different angles into the point.

### **Sometimes these strikes can be used with a time delay effect to:**

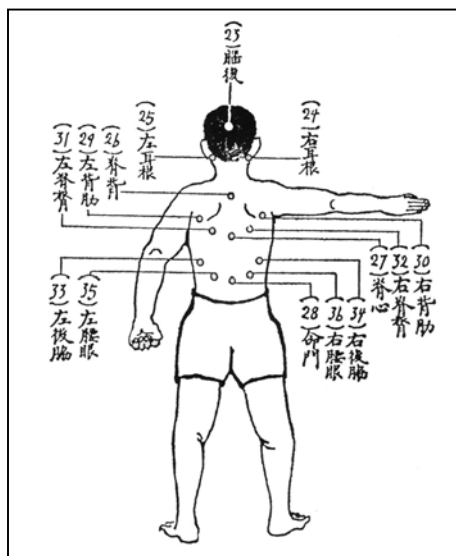
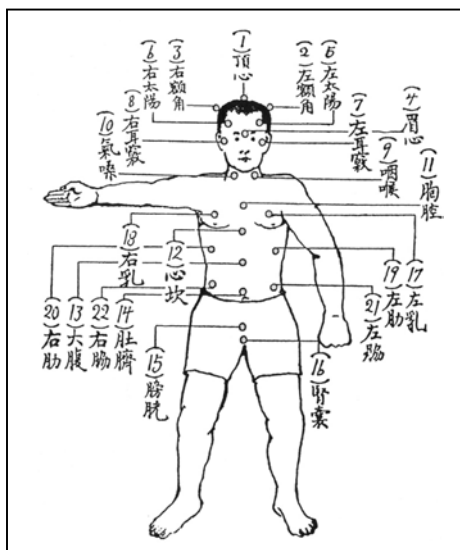
1. Block the blood circulation
2. Close the chi pathways in the bodies meridians
3. Attack the major nerves

### **When striking to the points using chi, results can be determined by the following:**

1. A heavy strike can cause an immediate effect
2. A moderate strike will produce the effect within 3 days
3. A light strike will produce an effect in 30 days



The picture above shows the original 36 deadly vital points. Notice the placement of the points. The points are both upper body and lower body with no back points.



Another Chart of the 36 points (Front) Same 36 Chart (Back)

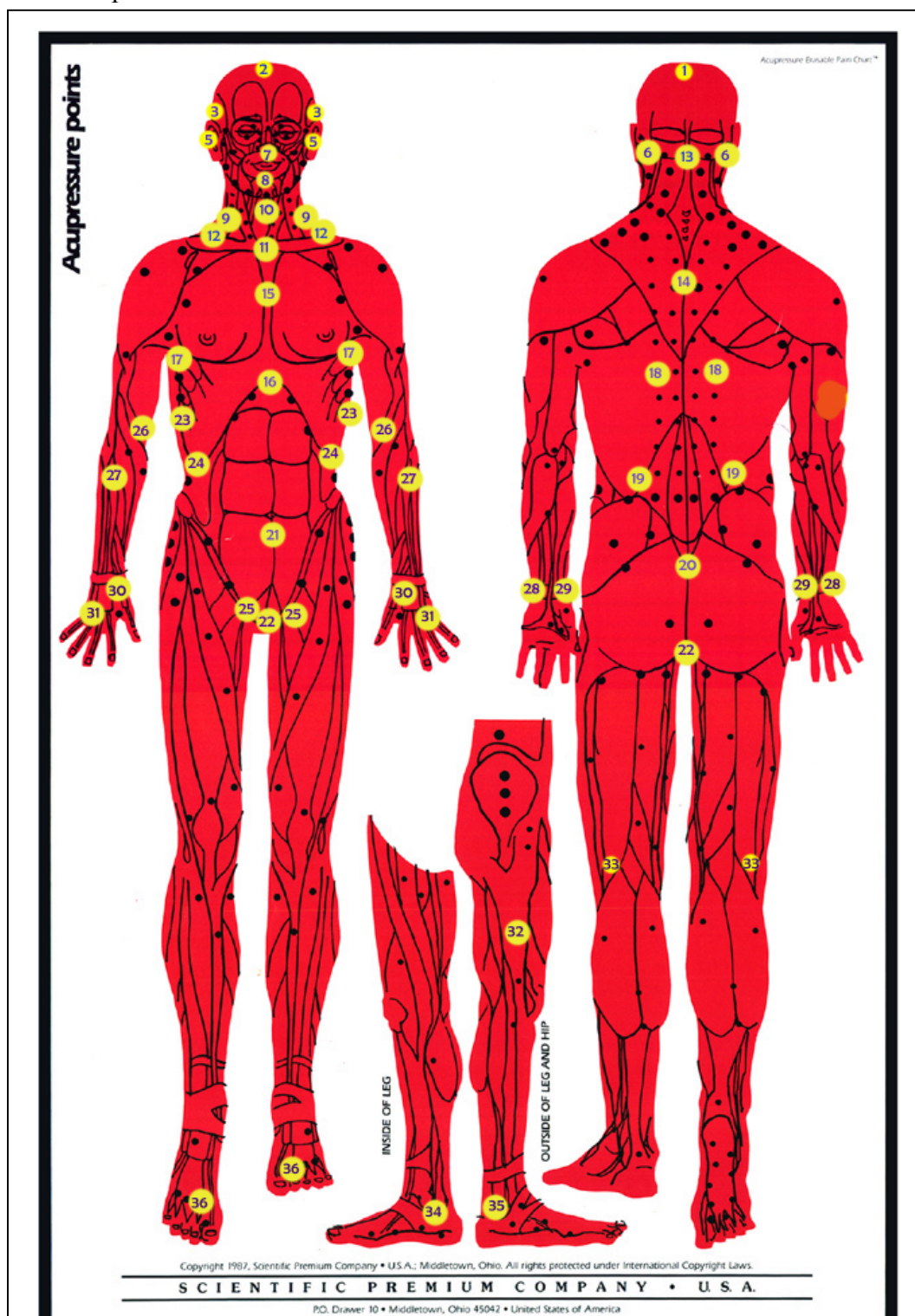
## Dim Mak

As you can clearly see, the interpretation of which 36 points are the most dangerous or vital is up to the school of thought or even the instructor.

The next chart will show you the 36 most deadly striking points on the body depicted on our own “Redman” chart.

All of the 36 we have listed are vital striking points, but not all are Dim Mak points. The difference is that a vital point can be something as simple as the eyes or throat, whereas the Dim Mak points correspond to the actual gland or organ you are trying to penetrate.

Each point is described below the chart.





### **The Thirty Six Vital Points**

1. Coronal Suture
2. Frontal Fontanel
3. Temples
4. Eyes
5. Ears
6. Mastoid Process
7. Philtrum
8. Chin Indentation
9. Neck (Both Sides)
10. Throat
11. Sternum Area
12. Clavicles
13. Posterior Midline
14. Seventh Vertebra
15. Breast Bone
16. Xiphoid Process
17. Armpit
18. Fourth Thoracic Vertebra

### **The Thirty Six Vital Points**

19. First Lumbar Vertebra
20. Tip of the Coccyx
21. Below the Umbilicus
22. Testicles
23. Seventh Intercostal Space
24. Tip of the Eleventh Rib
25. Inguinal Region
26. Biceps
27. Forearm
28. Wrist Crease
29. Wrist Crease
30. Hand (Between Thumb and Forefinger)
31. Hand (Web between the baby and ring finger)
32. Lower Thigh
33. Back of the Knees
34. Ankle (inside)
35. Ankle (outside)
36. Foot (Crease between the second and third toe joint)

In order to get proficient at these 36 points, you are going to have to make them a part of your current martial arts curriculum. You should be able to work the points into the current technique set you currently do.

Practice is the key and that is what we are going to show you next.

## **Striking Methods**

When the science of Dim Mak was first discovered, the original adapters, didn't use their hands to attack the points, but instead carried with them a device to strike to the Dim Mak points.

Keep in mind that you can use improvised weapons on these points such as ballpoint pens, sticks or martial art devices like the kubotan. There are many different types of striking methods and we are going to cover the most popular and how you will use them to strike at the points.

Once you realize the potentially lethal force that your hands can deliver to an opponent, you will come to appreciate the potency of this technology.

## Penetration

Striking with the most penetrating part of the hand will be the most effective type of strike. Although most people use their entire fist in most fighting situations, we are going to show you how to use some very precise weapons to penetrate into the point.



### The Fist Strike

The most common strike to man is the fist strike. Ask anyone to make a fist and this is what they make.

For Dim Mak Vital Point Striking, you want to use the knuckles to penetrate into the point or nerves.

The amount of damage you do is based on the strength of the strike and the angle of penetration.



### The Vertical Fist

Similar to the fist strike, but put in a vertical position. The emphasis is on the first two knuckles or the bottom two. This strike allows the flexing of the wrist to make the angle an upward or downward motion.

Using chi with this punch would be sending energy into the point or upward to the point. Can also be swung as a back fist with the first two knuckles in lead.



### The Knife Hand or Thrusting Fingers

Thrusting the fingers into soft spots such as the eyes or lower stomach area work very well for Dim Mak Striking.

As you get better at hitting the points, you can use the fingertips as a tap on the point. Measure the blow to increase or decrease the damage.



### **The Bone Chop**

The picture points to the small bone on the wrist used for chopping actions. Works extremely well on the neck, arms, soft spots of the legs and back.

Using the entire blade of the hand somewhat dissipates the blow, so it is suggested to concentrate on striking with the small but powerful bone



### **Palm Bone Strike**

Similar to the Bone Chop, but this time you are using a palm strike utilizing the small bone pointed out in the photograph.

Used for downward or hooking striking motions. Works very well on the face and head areas. Make sure you are striking with the bony protrusion



### **Crane Hand Strike**

By using the bones on the wrist you can utilize the Crane hand strike. This is a very hard and penetrating bone that you can use to strike any soft areas of the body, especially the temples, throat, nose, arms and even parts of the legs.

This is used in a whipping fashion, so sometimes the motion is very much telegraphed.



### **Claw Hand Strike**

This strike can be used as more of an all-purpose strike hitting several points at the same time.

Used primarily for the face, using the fingertips to strike to soft areas.



### **Leopard Paw Strike**

The leopard paw is one of the most versatile strikes for Dim Mak. By using the fore knuckles of the hand in the configuration outlined in the pictures, you can penetrate a given area with one of all of the knuckles.

The leopard paw is also a very effective as a chi strike that can travel to a specific organ or meridian.



### **Knuckle Punch**

This is one of the best strikes to use when doing Dim Mak striking. It can be used as an actual strike, but also is very effective in digging into a nerve plexus or point. It also allows you to rotate the finger into the point. This digging or rubbing action can be very effective when on the ground doing grappling maneuvers. It allows you to really get the angle on the point by moving the finger in a downward rotation.



### **Middle Finger Fist**

Can be used like the Knuckle punch, but can also be a very penetrating strike thrown as a punch to soft areas such as the temple or neck.

It has a better back up than the knuckle punch in terms of the alignment, but does not have the angulation like the knuckle punch.

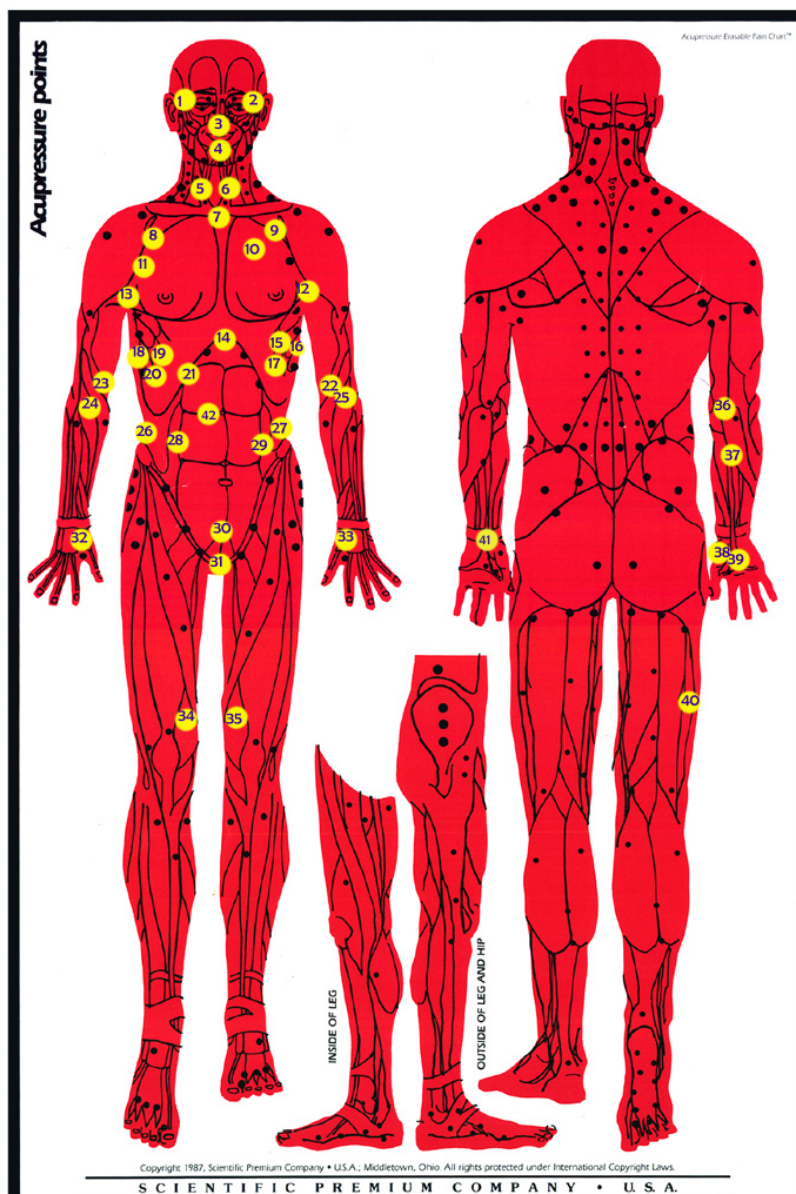


## Double Point Striking & Triple Point Striking

As you begin to learn these secret Dim Mak methods, you will want to learn the basics of the strikes and proper places to hit. After a time, you will not only want to be able to hit one point, but hit multiple points for increased results.

The information that follows is very much guarded information. Many would travel half way around the world (and some have) to learn the forbidden double and triple point striking methods.

By doing a double or triple point strike, you increase your ability to cause trauma to the opponent exponentially over just a single strike. The following chart has the location of the strikes and the description follows.



## Guidelines for Striking

- If you strike one pressure point with the correct amount of energy and pressure, you will cause pain, and paralysis in that general vicinity; or a knock out depending on the area and point struck
- If you strike two points with the correct amount of energy and pressure, you will cause the pain and trapped energy to meet in the middle between both points affecting the body's organs.

Keep in mind that this is a general guide and that there are exceptions to the rule depending on the actual points you have chosen to attack. When you mix different combinations of Dim Mak points you will receive different body reactions. Here is a list of some double strike combinations.

### Double Point Striking

- 1) #41 + #36: Paralysis of the Arm
- 2) #9 + #32: Paralysis & Cardiac Arrest
- 3) #10 + #4: Death by Cardiac Arrest
- 4) #42 + #30: Knockout or Death
- 5) #7 + #2: Knockout or Death
- 6) #35 + #31: Knockout
- 7) #41 + #6: Knockout
- 8) #41 + #23: Knockout
- 9) #6 + #17: Knockout
- 10) #40 + #38: Knockout
- 11) #6 + #20: Knockout
- 12) #6 + #4: Knockout
- 13) #6 + #28: Death
- 14) #41 + #42: Knockout or Death
- 15) #19 + #4: Knockout or Death
- 16) #3 + #2: Knockout
- 17) #22 + #12: Knockout or Death

### Triple Point Striking

- 1) #3 + #23 + #42: Death
- 2) #10 + #4 + #27: Death
- 3) #41 + #37 + #4: Damage to heart and internal energy system. Death within 14 months.
- 4) #41 + #23 + #6: Cardiac Arrest

## **Training Methods**

Most books and videos on the market pertaining to Dim Mak, Vital Point Striking, Pressure Points, etc, usually do an excellent job of describing the points and describing the effects you get from striking, but don't tell you how to train to be proficient with these technologies.

We want to explain to you some of the training methods that we have found to be very effective when it comes to learning how to actually get good at doing this.

The first thing you need to do is put in the time to become good at this. You must study these charts and then practice using the striking methods from your particular martial arts. Many of the martial arts out there have katas or forms. Many of these katas or forms were designed specifically to strike to vital points.

On the other hand, you can put your own unique sets of combinations together to get the desired results. The key is to keep an open mind while training and teach your mind to grasp the concepts.

## **Shadow Boxing**

The ancient Shaolin Monks used a method of shadow boxing when they were doing their morning exercises. These exercises became the forms that later became what we know as the martial arts.

These shadowboxing sessions were designed for them to use their techniques against imaginary opponents. You can utilize this same concept with the Dim Mak striking techniques.

Some students have built training dummies with the marked vital points in order to practice their techniques. Others have placed round stickers from an office supply store on a heavy bag to simulate the correct point locations.

One way or the other, you must internalize the proper position of the points, so that you can increase your proficiency

## **Muscle Memory**

You must burn this information into your brain. This is called muscle memory. Muscle memory is where you train the body and the mind to react under certain guidelines that you control.

Becoming good at Dim Mak striking is reliant on getting your muscle memory down to the point that you will know where to strike, while even under the most serious of

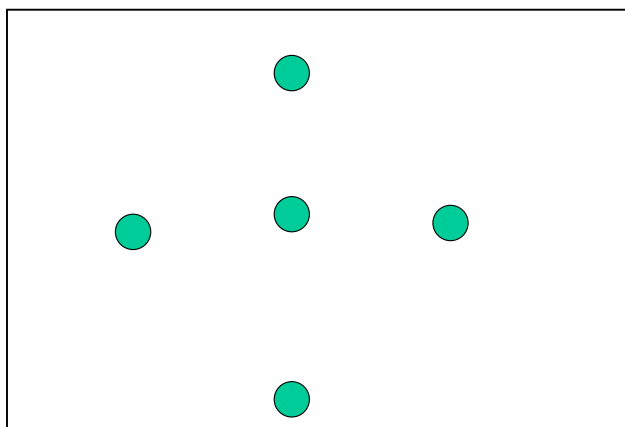
circumstances. When trained properly, your subconscious will kick in the muscle memory and allow you to respond with the strikes you trained your mind to deliver.

## **Diamond Point Striking Chart**

One method that works extremely well is to put together a Diamond Point Striking Chart. You should design it like the one below. The points should be about the size of a pencil eraser head.

Once you have it set up, place it somewhere you go in and out of daily. Some put it on the side by their doorway to their room or office. The key is that every time you go in or out of the room you very simply strike into the points with your knuckles.

It doesn't have to be hard, just routine. Do it all the time and you will notice your ability to hit the pressure points more effectively than before doing this simple yet effective exercise. As a matter of fact, this is a secret method of training to burn into your muscle memory the act of vital point striking.



Sometimes it is the simplest training that will allow your skills to increase. This exercise is definitely one of them.

### **Summary**

Make sure you use caution when using these techniques. You will find that when you use them from the healing side, that you will experience the joy of helping someone rather than hurting. Like a double-edged sword, these concepts can hurt or heal. You are the one that must decide how to use them. And knowing that you are a reasonable person, we know you will only use these techniques to help your fellow man.